Be Encouraged by Young and Graceful Women.

# OF INTEREST TO WOMEN A GIRL'S FLOWER-LIKE THROM. Mrs. Harriet Hubbard Ayer Tells Mrs. Harriet Hubbard Ayer Tells PLORAL HINTS. AMERICAN GIRLS ABROAD. When Rudyard Kipling made his now famous arraignment of this country in a narrow celluloid affair, while tied at letter in the London Times, an American girl in London sat down and relieved her feelings to the extent of nearly a column. This she sent to the same foundation.

Physicians and Miss Grace Dodge Discuss a Nervous Habit of Women. Five Portraits of Cora Tanner-Harriet Hubbard Ayer on "Curves."

Many and curious are the evidences of depleted nerve force dally manifested on the cars and in shops by women. Perhaps strangest of all is the trick women have of twisting and contorting their mouths especially at, or before, meal time, when that I might act, and when at school the teacher always asked me to read aloud to there is least vitality in the system.

This habit is a marked one among the other pupils, as she said she liked the women old and young, rich or poor, cul-tured or ignorant, and is increasing to such an extent that it is getting to be the exception to see women on the L or sur- me. My parents had no severe excepface lines who, if they are not talking, tions against my choosing the stage for a are not either blting their lips, drawing in the corners of their mouths and twitching the muscles of the chin until, on the line who engagements with a stock company to color the muscles of the chin until, on the line who engagements with a stock company the color of the walking belief the content of colors. whole, they resemble a company of facial as one of the walking ballet girls. One contortionists.

The question naturally arises: What does Thorne, who were starring in "The Two it all mean? What can possibly prompt Orphans" in Chicago, women to misplace so much good Delsarte exercise, mar their beauty and prepare themselves for a large and early crop of wrinkles? Questions surely to be referred to the medical mind.

Dr. Cyrus W. Edson, when questioned on the subject, said:

"I believe this peculiar habit of the and-of-the-century woman to be largely the result of the imitative powers of the human mind. We are all mimics. It is a common occurrence for the attendants upon insane to become insane from the powerful effect of one mind upon another. Why. St. Vitus dance was at one time pro nounced by the doctors to be contagious because in an earlier century one poor girl appeared in the south of France afflict ed with this nerve disease, and in a very short time the entire province was jerking and twisting in close imitation of the

Dr. Grace Peckham Murray, who is a thoughtful, keen observer in all matters of up-to-date interest, said in reply to vari ous questions on the subject:

"You are asking me about a matter of decided interest. I have noticed this nerve weakness in both the men and women of New York, but particularly in the women, new York, but particularly in the particular of the particular of

means the same thing, loss of what physicians call 'inhibitory power,' which merely means loss of self-control.

"To understand this it is necessary to know something of the power of the mind over the body. You know, of course, that there must be two preliminary stages for every act of the human body; first, the external sensation, and, second, the impression made upon the brain. Then comes the response of the body to the brain signal. These three steps follow each other as naturally and unconsciously as swallowing does mastleating or sleep the closing ing does mastleating or sleep the closing Oliver Twist to Lucilie Western, the

Now, in the natural order of events the greatest Nancy Sikes that ever lived. I body responds instantly to any impression made upon the brain. Inhibitory power is

portant matters, and nervousness will case and faces in repose will be the rule instead of the exception, as we find them to-day. It is possible, if one were to study in the day of the exception in the exceptio deeply enough into the matter, that such

ARMISTICE IN COLORS.

I began when but a schoolgirl to wish

was with Kittle Blanchard and Charles

My first real experience was at Mc-

A NEW USE POR MILK.

Mili Huilli Huil

How to Replace Angles
with Curves.

The Athletic Neck is Not a Feature to
Be Encouraged by Young and

Covered W. See Angle one corner is a huge bow of striped sating the feelings to the extent of nearly a column. This she sent to the same journal. It was not only published, but given a leading place and further, substantially recognized by a check for \$15. The writer was Miss Elizabeth Banks, and this was her introduction to London journalism, where she has since

Greceful Women.

ribbons fastened to the outside.

For the Spring wedding the bride's bounded herseif someund throat is not so much in the lines to the aveluation of all cathedral formals in,

where she has since made herseif someund throat is not so much in the lines to the aveluation of all cathedral formals in,

where she has since made herseif something of a figure.

# MISS CORA TANNER TELLS OF HER FIRST SUCCESS.

were never too tired to applaud. Subsequently I came East, and made accordingly proposed my first appearance in New York at the to Mr. T. P. O'Con-Fifth Avenue Theatre, under the manage- nor, of London, to ment of John Stetson, as Princess Ida in disguise myself as a Gilbert and Sullivan's opera of that name. housemaid and relate My next part was that of Claire in "Le my experiences. This Maitre d'Forge" ("The Ironmaster"), adapted by Robert Buchanan. The follow-was as marked as I ing year I played the same part in an adaptation by Miss Etta Henderson.

his new play, "Alone in London," then



Leland Hotel, at which I was stopping got after during the night. I was alone, and when the gong sounded I hurried to the door in my night clothes, never stopping to take anything. On opening the door I found the hall so filled with smoke that it was impossible to see. In the distance there shone a faint light from an open door. I reached the door and almost fell into the room, so faint had the smoke made me, and there I found that the only means of escape open to me was to jump for my life. The room was on the fourth for my life. The room was on the fourth story of the building. A rope had been attached to it, and on this I slid about eight feet and then fell the rest of the way into a life net, just escaping with my life.

In its case, brought home by an enthusing punch bowl:

She—"Are you going to take another glass the cannon balls fired at the battle of New Orieans. The casting was done by Montgomery Bell, an early iron founder, whose name is perpetuated by an endowed academy in the capital of the State.

In its case, brought home by an enthusing punch bowl:

She—"Are you going to take another glass of punch."

He—"My dear, don't dignify it by the name is perpetuated by an endowed academy in the capital of the State.

Banks, "that If I wanted to make myself a distinct figure in this great crowd of London journalism performance of the great actress; my hands I must do some sort of special work. I



ELIZABETH BANKS AS MAID.

could have hoped. I frequently meet the girls of the family in which I lived. They smile and I am in-

Robert Buchanan, who had just finished clined to think regard it as rather a good joke on mamma.

"My next experience excited even more attention. I advertised for some one to engaged me to star for it for the next three years. My theatrical career has proven a charm all through, and yet I money. That was a costly enterprise. I had to have the finest of clothes, conspicuous jewels, and a handsome turnout. But the San was generous and took charge of these expenses. Naturally the exposure was resented, but I feel that I dealt honorably with the people of the other part, for I have never given their names away, although I have kept the letters for my own defence.

"Since then I have included in my 'campaign of curiosity' a laundry girl. a hop picker, a flower girl and a strawberry girl." Miss Banks's journalism has caused a good deal of discussion in London. It is called exclusively American. This is hardly true. Mr. Frederick Greenwood's "Amateur Casual" antedates any similar experiences on this side of the water. Miss Banks, as other women, has only developed the same method in other directions. Miss Banks is now a contributor to the Nineteenth Century and other reviews.

# TENNESSEE'S CENTENNIAL.

Now that Tennessee has decided to make Pointers for Women Wishing to Speak its centennial celebration wide enough to include all the States, the Woman's Board is bestirring itself mightily, especially the Library Committee, of which Mrs. Ann E. Sick for III.-Snyder is chairwoman. Mrs. Snyder her-self is an author, having brought out lat-ers limit the English speakers and writterly a history of the Civil War, which, though written from the Southern standpoint, is most admirable in tone and tem-

The books are to have a splendid special Nina Spofford. In addition, it is proposed nonnee your intention of locating among us. to place upon the walls portraits of the Loanhave had some trying moments. Five years ago, while playing in Syraucse, the Leland Hotel, at which I was stopping:

Leland Hotel, at which I was stopping:

The place upon the waits portrained by the playing in Syraucse, the bodks of Tennessee's Governors, from John Sevier down. In a room adjoining the bodks of Tennessee writers will be offered act of lending, or is the thing lent. It

# GRAMMARETTES.

Pure English Vide the Best Authorities.

The proper use of these words is disers limit the meaning of sick to nausea; thus, one is seasick; but if one have the typhold fever, he is ill.

you are going to settle in New York it room, which will be decorated by Miss is much better form to say so than to an-





- A 590

Fresh Mushrooms a la Eleonora Duse.

Select twenty-four heads of large, fresh mushrooms. Have them well (washed and dried upon a napkin. Have the remnant of the mushrooms hashed. Add to it two shallots, chervil, pepper, salt and one-quarter pound of sweet butter. Mix them well together luto a stuffing. Then stuff the heads with it. Put them together in form of a ball, which you envelop with one white wafer. Have it breaded, English style, and fry in grease (not too hot) for ten minutes. Put it in the oven till cooked, not colored, but golden. Serve on a naphin with sauce a la Reine, separate.

PRESENTITIME

How there were the country of the brain telegraphy. For intance, a naturally weakened to the most, and survey for my point." Dr. Murra, and not of the most, and not for my continued cancette, that the seedle variety and survey for my point." Dr. Murra, and not for my continued cancette, which me destants that the seedle variety facility controlling so noticeable normally. "This increasing facility controlling so noticeable normally facility that which controlling so noticeable normally facility that the seedle variety that president in the seedle variety tha Miss Grace Dodge, who has made a special study of feminine human nature. Bashkirtseff herself in determination to be well established usually comes frue to Let the operator rub thoroughly, but not special study of feminine human nature, expressed the opinion that the intense nervousness among women of the present day and their lack of training in "quietness" was one great reason for the face twitching so prevalent at this end of the century.

"Let women learn to be moderate," she said, "and to take quiet views on even important matters, and nervousness will reason for the face twitching so prevalent at this end of the social triumphs, and has elaborately adorned the pages with photographs of herself in determination to be know at her own valuation. Beginning with her debut, she has kept a complete record of her social triumphs, and has elaborately adorned the pages with photographs of herself in determination to be know at her own valuation. Beginning with her debut, she has kept a complete failure of private growers all over the failure of private growers all over t

lowed to over-blossom-in fact, two, or at most three flowers are enough. Cross fer- ANSWERS TO CORRESPONDENTS. CHIROGRAPHY.

Constant Reader.—Your writing denotes self-esteem, ambition and daring ficial opinion."

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You want to make a name for yourself and the flower which is to be fertilized the stamens are clipped off as soon as they develop. Then a few hours later pollen is gathered from the anthers of the camel's hair face scrubbing-brush, with a pure soap and plenty of hot water.

A Constant Reader.—The following is an excellent recipe for cold cream:

Constant Reader.—Your writing denotes self-esteem, ambition and daring. You want to make a name for yourself and the flower which is to be fertilized the flower which is to be fertilized in same of pare of the ovaries. From the flower which is to be fertilized in same of the ovaries. From the flower which is to be fertilized in same of the ovaries. From the flower which is to be fertilized the flower which is to be fertilized in the anthers of the ovaries. From the flower and which is to be fertilized in the anthers of the ovaries. From the flower which is to be fertilized in the anthers of the ovaries. From the anthers of the ovaries. From the flower of the treatment advised you cannot expect results.

Mrs. Kate M.—The best way to harden the flower and with a fine camel's hair pencil laid upon the pistil of the first one. Then the whole transaction is recorded—date, names of pare, at sorts, and the fertilized flower are divised. If the cality of the first one. The constant flower of the treatment advised you cannot expect the flower are flower

wells and after awhile ripens into seed the operation has been a success. Thus when the seeds are ripe, they are sowed and the resultant plants carefully nursed till they reach the stage of bloosom. There there are some very beavy weaves it red, the stage of bloosom. There is the beautiful uncertainty makes itself manifest. Two ungulifeent varieties have heen known to come from a batch of a dozen seed, and again 10,000 have not given a new sort worth a name. Indeed, experienced growers say that one success in 10,000 sowings is about the average. They want of the placed growers say that one success in 10,000 sowings is about the average. Place of the stage of bloosom, the continued triburation, add, drop by drop, and others in plant from the work of the plant of the meaning of the plant of the meaning of the plant of the stage of bloosom. There are some very heavy weaves it red, almosts in a water bath; pour it into a marble mortar and str brisky to prevent the stage of bloosom. There there are some very cocky blue and black, patterned with tiny while they reach the stage of bloosom. Then there are some very cocky then dent of the mark of the stage of bloosom. Then there are some very cocky bears to dollows. Then there are some very heavy weaves it red, almosts in a water bath; pour it into a marble mortar and str brisky to prevent the stage of bloosom. Then there are some very cocky bears to do doth the sale of the block, and almonds in a water bath; pour it into a marble mortar and str brisky to prevent them, during the counter of butter triturate and the mixture has a plant to continued trituration, add, drop by drop, down with a name. Indeed, experiment, and there are some very cocky bears ago with silk and cotton blooses.

Then there are some very cocky then during the mixture day then the stage of the consistency of the marble mortar and str brisky to prevent the colored conductors. The stage of the consistency of with an and white and speciment of the mortar and str brisky to prevent the colored counters 

that nerve force which controls the body and permits it only to respond wisely to THOUGHT BEGETS UGLINESS. HOW TO GROW ROSES.

the species that shall be parents of your level of the nipple, 32 inches; from nipple